

**COURSE OVERVIEW HE1072**  
**Food Safety Level 1**

**Course Title**

Food Safety Level 1

**Course Date/Venue**

November 16-20, 2025/Boardroom 1,  
 Elite Byblos Hotel Al Barsha, Sheikh  
 Zayed Road, Dubai, UAE

**Course Reference**

HE1072

**Course Duration/Credits**

Five days/3.0 CEUs/30 PDHs



**Course Description**



***This practical and highly-interactive course includes real-life case studies where participants will be engaged in a series of interactive small groups and class workshops.***



This course is designed to provide delegates with a detailed and up-to-date overview of food safety level 1. It covers the food safety and the law surrounding food hygiene as well as health issues that consumers may develop from contaminated food; the four most common food safety hazards that may be present in a workplace and how they pose a risk to consumers if they get into food; controlling food safety hazards with proper food hygiene practices; and ensuring that food is not cross-contaminated and preventing bacteria from multiplying and how to prevent pests from gaining access to the premises.



Further, the course will also discuss the proper handwashing procedures and the importance of staff notifying their supervisor or manager if they are ill; the importance of effective cleaning for maintaining a high standard of food hygiene; and the 6 stages of cleaning required to thoroughly disinfect equipment and surfaces.

## Course Objectives

Upon the successful completion of this course, each participant will be able to:-

- Apply and gain a good working knowledge on food safety level 1
- Explain what exactly is meant by food safety and describe the law surrounding food hygiene as well as health issues that consumers may develop from contaminated food
- Identify the four most common food safety hazards that may be present in a workplace and explain how they pose a risk to consumers if they get into food
- Control food safety hazards with proper food hygiene practices, ensure that food is not cross-contaminated and prevent bacteria from multiplying and how to prevent pests from gaining access to the premises
- Apply proper handwashing procedures and recognize the importance of staff notifying their supervisor or manager if they are ill
- Recognize importance of effective cleaning for maintaining a high standard of food hygiene and explain what aspects the 6 stages of cleaning required to thoroughly disinfect equipment and surfaces

## Who Should Attend

This course provides an overview of all significant aspects and considerations of food safety level 1 for workers who are not directly involved with the preparation or handling of high-risk foods but work in an environment where food is present or handled elsewhere. This also includes those who work with wrapped or pre-packaged foods.

## Exclusive Smart Training Kit - H-STK®



Participants of this course will receive the exclusive “Haward Smart Training Kit” (H-STK®). The H-STK® consists of a comprehensive set of technical content which includes **electronic version** of the course materials conveniently saved in a **Tablet PC**.

## Training Methodology

All our Courses are including **Hands-on Practical Sessions** using equipment, State-of-the-Art Simulators, Drawings, Case Studies, Videos and Exercises. The courses include the following training methodologies as a percentage of the total tuition hours:-

- 30% Lectures
- 20% Practical Workshops & Work Presentations
- 30% Hands-on Practical Exercises & Case Studies
- 20% Simulators (Hardware & Software) & Videos


In an unlikely event, the course instructor may modify the above training methodology before or during the course for technical reasons.

### Course Certificate(s)

Internationally recognized certificates will be issued to all participants of the course who completed a minimum of 80% of the total tuition hours.

### Certificate Accreditations


Certificates are accredited by the following international accreditation organizations:-

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The International Accreditors for Continuing Education and Training (IACET - USA)

Haward Technology is an Authorized Training Provider by the International Accreditors for Continuing Education and Training (IACET), 2201 Cooperative Way, Suite 600, Herndon, VA 20171, USA. In obtaining this authority, Haward Technology has demonstrated that it complies with the **ANSI/IACET 2018-1 Standard** which is widely recognized as the standard of good practice internationally. As a result of our Authorized Provider membership status, Haward Technology is authorized to offer IACET CEUs for its programs that qualify under the **ANSI/IACET 2018-1 Standard**.

Haward Technology's courses meet the professional certification and continuing education requirements for participants seeking **Continuing Education Units (CEUs)** in accordance with the rules & regulations of the International Accreditors for Continuing Education & Training (IACET). IACET is an international authority that evaluates programs according to strict, research-based criteria and guidelines. The CEU is an internationally accepted uniform unit of measurement in qualified courses of continuing education.

Haward Technology Middle East will award **3.0 CEUs** (Continuing Education Units) or **30 PDHs** (Professional Development Hours) for participants who completed the total tuition hours of this program. One CEU is equivalent to ten Professional Development Hours (PDHs) or ten contact hours of the participation in and completion of Haward Technology programs. A permanent record of a participant's involvement and awarding of CEU will be maintained by Haward Technology. Haward Technology will provide a copy of the participant's CEU and PDH Transcript of Records upon request.

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British Accreditation Council (BAC)

Haward Technology is accredited by the **British Accreditation Council for Independent Further and Higher Education** as an **International Centre**. BAC is the British accrediting body responsible for setting standards within independent further and higher education sector in the UK and overseas. As a BAC-accredited international centre, Haward Technology meets all of the international higher education criteria and standards set by BAC.

### Course Fee

**US\$ 5,500** per Delegate + **VAT**. This rate includes H-STK® (Haward Smart Training Kit), buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

### Course Instructor

This course will be conducted by the following instructor(s). However, we have the right to change the course instructor(s) prior to the course date and inform participants accordingly:



**Dr. Mohammad Ahmad, PhD, MSc, BSc** is an **International Expert in Microbiology & Analytical Laboratory & Food Expert**. His expertise covers the Safety, Hazard Analysis of Critical Control Points (**HACCP**), **Food Safety Management, Food Hygiene, Food Sampling, Food Risk Analysis**, Security & Environmental Codes of Practice, Crisis & Business Continuity Management Planning, **Emergency Response & Procedures**, Industrial Security Risk Assessment & Management, Environmental Impact Assessment (**EIA**), Legislations and Procedures, **Active and Positive Fire Fighting, Fire & Gas Detection Systems, Fire Fighting Systems, Fire Proofing, ESD, Escape Routes, Mobile Crane Operation, Heavy Lifting Equipments, Scaffolding, Rigging Slings, the implementation of OHSAS 18001, ISO 9001, ISO 14001, QHSE Management Planning**. Further he is also well versed in **Microbiology, Molecular Biology, Molecular Diagnosis, Fluorescence-Activated Cell Sorting (FACS), Molecular Characterization, Immunology Mutation, Immunofluorescence, Confocal Microscopy, 3D-Time Lapse Live Imaging, Tissue Culture, Cell Isolation, Histological Preparation, Specimen Dissection & Staining, Nucleic Acid Analysis (RNA/DNA), DNA Sequencing, Restriction Fragment Length Polymorphism (RFLP), RNA Isolation, cDNA Synthesis, Polymerase Chain Reaction (PCR), qRT-PCR, siRNA, Cloning, Immunoblotting and Immunoprecipitation**. His wide expertise also covers molecular diagnosis, stem cell, physiology, histology, histopathology and cytology. He is currently the **Assistant Professor of Microbiology & Immunology Department** of one of the leading medical universities in the Middle East.

Dr. Mohammad has been very active in various academics and industries for venturing respectable position as an **Assistant Professor, Safety Engineer, Laboratory Supervisor and Research Analyst** wherein he was in charge of the Microbiology & Immunology activities and different laboratories including microbiology, physiology histology, histopathology and research.

Dr. Mohammad has a **PhD** degree in **Microbiology** from the **Humboldt University (Germany)** and he has **Master and Bachelor** degrees in **Medical Laboratory Science**. Further, he has conducted **numerous researches and published technical papers and research articles** worldwide.

### Accommodation

Accommodation is not included in the course fees. However, any accommodation required can be arranged at the time of booking.

### **Course Program**

The following program is planned for this course. However, the course instructor(s) may modify this program before or during the course for technical reasons with no prior notice to participants. Nevertheless, the course objectives will always be met:

#### **Day 1: Sunday 16<sup>th</sup> of November 2025**

0730 – 0800	<i>Registration &amp; Coffee</i>
0800 – 0815	<i>Welcome &amp; Introduction</i>
0815 – 0830	<b>PRE-TEST</b>
0830 – 0915	<b>Introduction to Food Hygiene</b>
0915 – 0930	<i>Break</i>
0930 – 1000	<b>Who is this Course for?</b>
1000 – 1100	<b>Why is Food Hygiene Important</b>
1100 – 1145	<b>Food Hygiene Law</b>
1145 – 1200	<i>Break</i>
1200 – 1300	<b>Understanding Food Safety</b>
1300 – 1345	<b>Health Issues Caused by Contaminants</b>
1345 – 1420	<b>Food Safety Hazards</b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day One</i>

#### **Day 2: Monday 17<sup>th</sup> of November 2025**

0730 – 0830	<b>Microbiological Hazards</b>
0830 – 0915	<b>Allergenic Hazards</b>
0915 – 0930	<i>Break</i>
0930 – 1030	<b>Physical Hazards</b>
1030 – 1130	<b>Chemical Hazards</b>
1130 – 1145	<i>Break</i>
1145 – 1245	<b>Food Safety Controls</b>
1245 – 1330	<b>The Conditions for Bacterial Growth</b>
1330 – 1420	<b>Temperature Control</b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day Two</i>

#### **Day 3: Tuesday 18<sup>th</sup> of November 2025**

0730 – 0830	<b>Controlling Time</b>
0830 – 0915	<b>Low &amp; High-Risk Foods</b>
0915 – 0930	<i>Break</i>
0930 – 1030	<b>Controlling Microbiological Hazards</b>
1030 – 1130	<b>Allergenic Contamination</b>
1130 – 1145	<i>Break</i>
1145 – 1230	<b>Controlling Physical Hazards</b>
1230 – 1330	<b>Controlling Chemical Hazards</b>
1330 – 1420	<b>Food Deliveries</b>
1420 – 1430	<b>Recap</b>
1430	<i>Lunch &amp; End of Day Three</i>

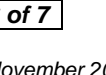
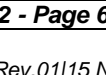
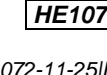


**Day 4: Wednesday 19<sup>th</sup> of November 2025**

0730 – 0815	<i>Refrigeration</i>
0815 – 0845	<i>Pests</i>
0845 – 0945	<i>Personal Hygiene</i>
0945 – 1000	<i>Break</i>
1000 – 1100	<i>Hand Hygiene &amp; Hair Hygiene</i>
1100 – 1130	<i>Body Hygiene &amp; Bad Habits</i>
1130 – 1145	<i>Break</i>
1145 – 1215	<i>Protective Clothing</i>
1215 – 1315	<i>Reporting Illness</i>
1315 – 1420	<i>Cleaning Activities</i>
1420 – 1430	<i>Recap</i>
1430	<i>Lunch &amp; End of Day Four</i>

**Day 5: Thursday 20<sup>th</sup> of November 2025**

0730 – 0830	<i>Why is Cleaning Important?</i>
0830 – 0915	<i>Waste Management</i>
0915 – 0930	<i>Break</i>
0930 – 1015	<i>Cleaning &amp; Disinfection</i>
1015 – 1100	<i>Clean as you Go</i>
1100 – 1115	<i>Break</i>
1115 – 1230	<i>Dishwashers</i>
1230 – 1345	<i>Scheduling Cleaning</i>
1345 – 1400	<i>Course Conclusion</i>
1400 – 1415	<b>POST-TEST</b>
1415 – 1430	<i>Presentation of Course Certificates</i>
1430	<i>Lunch &amp; End of Course</i>



**Practical Sessions**

This practical and highly-interactive course includes real-life case studies and exercises:-



**Course Coordinator**

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